

HEART HEALTH IS OUR PASSION



Photo (L to R): Pam Thoreson, RN;
Steve Swanson, patient; Lisa Lesak, RN

In December 2016, Steve Swanson, a Grantsburg resident, was experiencing pain coming from his upper back, specifically his neck and in-between his shoulder blades. He didn't think anything of it since he was in a previous accident that affected the same area. He went to the chiropractor to try and relieve the pain but it was worsening. The frustrating pain was starting to radiate into his left arm and, as time went by, his breath was starting to shorten too. At this point, he just knew he was having a heart attack and so he had a neighbor drive him to Burnett Medical Center's Emergency Room. The

caring medical staff assisted Steve to a room, got him on oxygen and started to assess his current situation. Steve was trying to relax but pressure was building in his back and arm. The next thing he knew, the providers determined he was a Level 1 STEMI and needed to be flown out immediately. Once Steve was loaded onto the chopper, they airlifted him to Abbott Northwestern Hospital where he underwent surgery right away. He received a total of four stents; two were placed where there was a 99% blockage and two more were placed at an 85% blockage. After surgery he continued to have some pain in-between his shoulder blades and so the doctors returned him to surgery. Ultimately, they didn't find anything else wrong, but they did tell him his heart had been through a trauma due to the stent placements and that is why he was feeling the pain in-between his shoulders.

Soon after Steve was out of the hospital, his BMC provider referred him to start BMC's Cardiac Rehabilitation Program. Cardiac Rehab is a structured program of monitored exercise and education designed to guide participants towards achieving their optimal physical, psychological, and social abilities with lifestyle modification and peer support. The program is open to anyone with cardiovascular disease and has had an event such as coronary

stents, coronary bypass surgery, heart attack, heart valve repair or replacement, heart failure, and others. Cardiac Rehab usually starts soon after a cardiac event. The program is usually 12 weeks long and is individualized to meet each participant's specific needs and goals.

After 3 months, Steve graduated from the Cardiac Rehab Program. Each session was one hour long and consisted of checking his vitals, weight, doing various exercises and stretches all while being monitored to make sure everything was going smoothly. In the beginning, the nurses start off slow and gradually increase the exercising regimen.

"It went well," says Steve. "The nurses are thorough and very professional making sure they are doing their job the best they can. They are knowledgeable and listen to your needs and educate you more about proper nutrition. They wanted to make sure I ate right and stayed active when I'm at home. I did lose weight while I was a part of the program and built my strength back up. Flexible with scheduling. Also, make sure you bring your own tennis shoes and keep them there!"

"I think everyone should go through this program. I think once they start, they should stick with it even though it is a pain in the butt. I definitely recommend trying to finish it." ■

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HEALTHY MINUTE

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YOUR GIFT ... THEIR LIFE



Every two seconds, someone in the U.S. needs blood and depends on blood and platelet donors. Accident and burn victims, heart surgery and organ transplant patients, and patients receiving treatment for leukemia, cancer or sickle cell disease may all require blood to save their lives. The American Red Cross must collect more than 13,000 blood donations every day for patients at approximately 2,600 hospitals across the country.

As we begin the New Year, the American Red Cross encourages individuals to roll up a sleeve and donate blood this month and throughout 2018. Donating blood and/or platelets is a lifesaving contribution that only takes about an hour and can save up to three lives!

Currently, there is an urgent need for blood and platelet donors of all blood types to help address a winter blood donation shortage. Severe winter weather has had a tremendous impact on blood donations already this year, with more than 150 blood drives forced to cancel causing over 5,500 blood and platelet donations to go uncollected. This is in addition to seasonal illnesses, such as the flu, and hectic holiday schedules collectively contributing to more than 28,000 fewer donations than what was needed in November and December.

These temporary disruptions make it difficult to provide enough blood products to meet patient needs. This is why it is important to donate if you are eligible. If you are on the fence about donating, here are five health benefits from donating blood:

- Free blood tests – donated blood is tested and donors can ask to be informed if any irregularities are found.
- Satisfaction of saving human lives
- Calorie burn – Blood donation process burns 650 calories – about the same as an average spin class!
- Reduced risk of heart disease – helps eliminate excess

buildup of iron in the blood

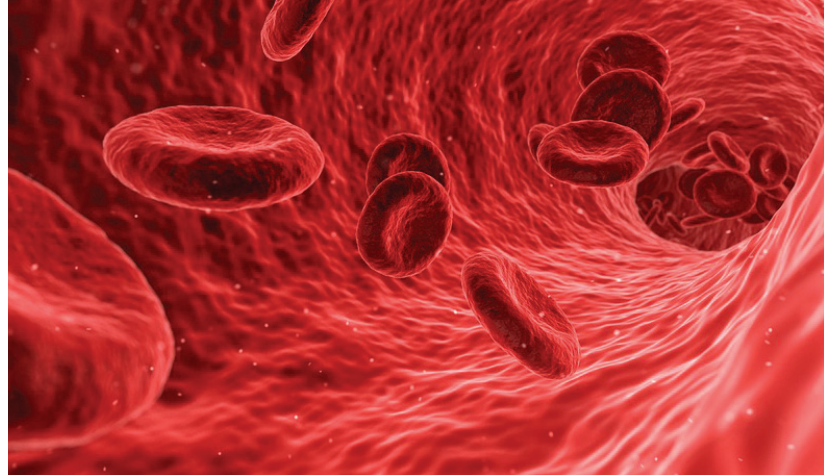
- Reduced risk of cancer – also due to reduction of excess iron buildup in the blood

For those of you who haven't donated blood before, here are some facts about the blood donation process:

- Blood donation is a simple four-step process: registration, medical history and mini-physical, donation and refreshments.
- Every blood donor is given a mini-physical, checking the donor's temperature, blood pressure, pulse and hemoglobin to ensure it is safe for the donor to give blood.
- The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes about an hour and 15 minutes.
- A healthy donor may donate red blood cells every 56 days.
- A healthy donor may donate platelets as few as 7 days apart, but a maximum of 24 times a year.
- All donated blood is tested for HIV, hepatitis B and C, syphilis and other infectious diseases before it can be released to hospitals.
- Donating blood is a safe process. A sterile needle is used only once for each donor and then discarded.

If you are someone who wants to help others, please consider donating blood. Eligible donors can find a blood or platelet donation opportunity, schedule an appointment or receive more information by visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767).

You can find weekly Healthy Minute articles in your local newspaper or online at www.drydenwire.com, www.healthyburnett.org and on Healthy Burnett's Facebook page.



April is National Occupational Therapy Month

Please join us in recognizing the dedication Occupational Therapists show to regaining function and building independence in people's lives.



PAUSE TO GIVE LIFE

Burnett Medical Center would like to thank those of you who joined us as we Pause to Give Life and kick off National Donate Life Month on April 2nd.

At 10:08am, we were among the 83 Donate Life Wisconsin members and hospitals across the state that raised a Donate Life flag. The time of 10:08 recognizes that every 10 minutes a new name is added to the list, and highlights the fact that **one** donor can save **eight** lives.

The Donate Life flag was first introduced in 2006. Since then it has become a national symbol of unity, remembrance and hope, while honoring those touched by donation and transplantation. During the past 12 years, 50,000 Donate Life Flags have flown across America.

Once we raised our flag, we then stood in a moment of silence for **one** minute and **14** seconds to recognize the more than 114,000 patients waiting for a life-saving transplant in the U.S. Of those 114,000 people who are waiting for a life-saving transplant, more than 2,000 are right here in Wisconsin. On the morning of April 2nd, we not only recognized their strength and courage, but we also honored the hundreds of Wisconsin donors and donor families that have so selflessly given the gift of life and healing through organ, tissue and eye donation.

We also want to say thank you to our nearly three million Wisconsin neighbors and nearly nine thousand Burnett County residents who have said yes, and registered as organ, tissue and eye donors. Together, we are united in a mission to save and heal lives and create a culture where donation is embraced as a fundamental human responsibility.

We ask that you help us continue to educate our fellow Wisconsinites about the need for more registered organ, tissue and eye donors. April is National Donate Life month, and a great time for us to remember this important work. So, throughout April, please make it your personal mission to speak to at least one person about organ, tissue and eye donation. And, if they're not already registered, ask them to consider taking that step to formalize their decision by registering today at their local DMV or at DonateLifeWisconsin.org.



Give thanks. Give life.

Say YES to organ, tissue and eye donation and register today!

Thousands of Wisconsin residents who need a transplant hope you will say YES and register as an organ, tissue and eye donor. Anyone age 15½ or older can register regardless of health history. There are no financial costs to be a donor. Registering on the Wisconsin Donor Registry legally authorizes your decision to be an organ, tissue and eye donor. Even if you already have an orange dot on your license or ID, register TODAY at the DMV or at DonateLifeWisconsin.org. ■



The Burnett Medical Center LABORATORY

Burnett Medical Center Laboratory is excited to celebrate Lab Week, recognizing Laboratory Professionals and Pathologists for their contributions in the medical field to improve patient outcomes during the week of April 22-28, 2018.

Through the use of complex instrumentation, microscopic exams and testing for viruses and infections, the laboratory professionals aid the providers in the evaluation and treatment of patients.

Jessica Greenhow joined the Burnett Medical Center lab staff in January 2018. Jessica was a previous student intern at Burnett Medical Center lab through Rasmussen College. She worked at Children's Hospital for a short time and realized she missed the hospital work environment at Burnett Medical Center. She has a Bachelor's degree in Biology and is also an ASCP certified MLT. We are very glad to have her join our team. Her curiosity, knowledge and attention to detail are greatly appreciated in the lab environment.

Jess is making plans with her fiancé for a February wedding. They are in the process of purchasing a home in the Forest Lake area and selling their house in St. Paul. Her hobbies include bowling, kayaking, hiking, and is a master gardener. She will definitely enjoy all the recreation that the Grantsburg area has to offer.

We welcome Karri Butler, MLT, to our staff at Burnett Medical Center. She is currently in the process of finding a house in or near Grantsburg. Her son will be graduating early this spring from high school, and her daughter is currently working near St. Cloud at a group home. Karri has many hobbies that include fishing, refinishing furniture, walks in the woods, and working on projects in the garage.

Karri has had a variety of experience in the lab working at both large and small facilities in the past. Although she has had a lot of past experience, this is her first job working in a rural healthcare setting. She has been adjusting to the "on-call" routine that involves a quick response time during the night and on weekends. To be "on-call," our staff must be versatile, experienced, and well trained to handle all emergency situations. Karri has shown to have these skills and has been a real team player.

Albert is one of our new staff members in the lab. Albert was born in Nigeria and has a background in sustenance farming with his family. He would attend school during the day and work on the farm in the evenings. He was accepted by the University in Nigeria and paid his own way through college because his family could not afford to help him. He went to the University to study Electrical Engineering. He used the skills he learned in technical school to help him earn money. In his second year, before graduating from the University, he won the American Lottery, meaning he could travel to the United States as a permanent resident. With 1½ years left to graduate as an Electrical Engineer, he had to make the tough decision of whether or not to jeopardize his college education for a chance to go to the United States.

After much consideration, Albert believed that moving to the

United States would provide him with opportunities that he would not have in Nigeria. His girlfriend supported his decision and also offered to help him financially with the move. However, she had one condition, she wanted Albert to bring her home to meet his family in hopes of becoming his wife. This was a big deal because in Nigeria, it is tradition that the parents are the ones who decide if their children may bring their significant other over to meet them. In order to complete this task, Albert first had to talk to his mother to help him convince his father to allow him to bring her to his family's home. His father was convinced and all went well so she then borrowed him the money to assist him in his travels to the United States.

Albert came to the United States in 2011 to study Electrical Engineering and work his way through school. He would return to Nigeria as much as he could to visit his family.

Besides financial hardships to get through school, Albert had to overcome health problems. In 2013, he collapsed after work and found he could not move his lower body. The doctors found a hematoma on his spine and said he had a 15% chance of walking again. After three weeks, he realized that his left leg moved and that he could wiggle the toes on his right foot. A week later he was able to move both of his legs over his bed, and ultimately he beat the odds and made a full recovery.

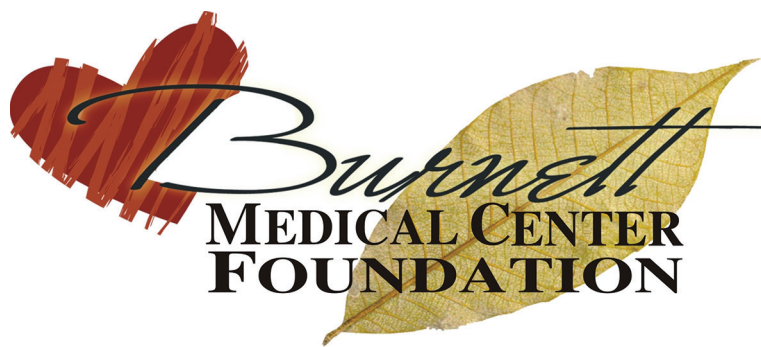
After his hospitalization, Albert decided he wanted to work in a Medical Laboratory. The Lab technician at the hospital explained to Albert the work and contribution to health care that the lab makes. He enrolled through the University of Cincinnati for the MLT program. He had part of his internship at Burnett Medical Center. He later finished school and returned to Burnett Medical Center as one of our newest employees. We are glad to have such a hardworking and unique person as a member in our lab. We welcome his sense of humor, and great work ethic! ■

**Thank you to all of our Lab professionals
for their hard work and dedication.**



Photo (L to R): Tamera Kraft, Jessica Greenhow, Jody Oxley, Lisaann Klatt, Karri Butler, Albert Faseemo

Grantsburg Telcom Donates to the Burnett Medical Center Foundation



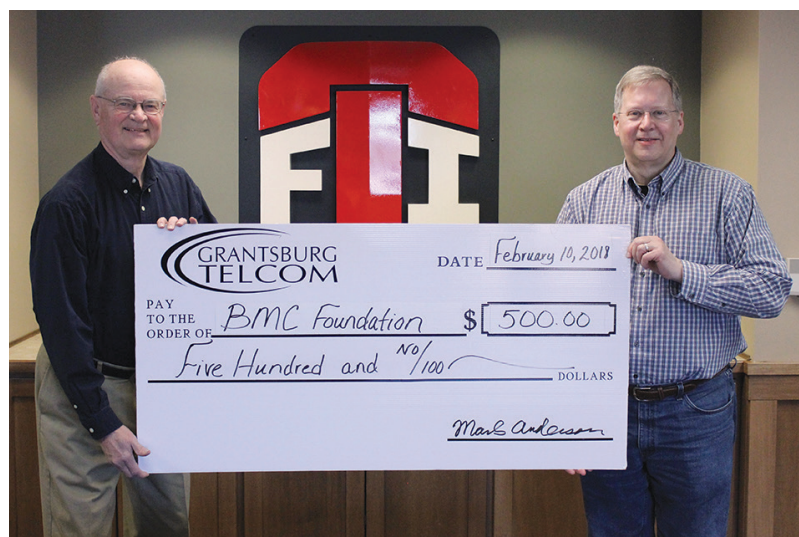
The Burnett Medical Center Foundation is a non-profit public organization whose mission is to inspire community philanthropy to advance exceptional healthcare for patients at Burnett Medical Center. During the first nine years of the Foundation's existence, they have raised over \$252,000 which has been provided to Burnett Medical Center for the purchase of new equipment and facility improvements. These funds have been raised through grants from other foundations, gifts from businesses, individual philanthropists in the community, and as a result of community fund-raising events such as their annual golf tournament or the Valentine's Day banquet.

One of the local businesses that continues to graciously donate to the Burnett Medical Center Foundation is Grantsburg Telcom. This year Grantsburg Telcom has not only donated to the Foundation's annual fundraiser, the Valentine's Day banquet, but also decided to donate another \$500! This funding will go towards specific orthopedic operating room table attachments so Burnett Medical Center can offer shoulder surgery through the expertise of Dr. Patrick Hall, Burnett Medical Center's Orthopedic Specialist.

Jim Olson, President of the Burnett Medical Center Foundation, stated, "Quality healthcare is important to having a vital community. We are so appreciative of the local businesses and community members who have been so generous in their giving to help advance exceptional healthcare for the Burnett Medical Center Community."

Funding raised will enhance healthcare in our hometown area for meeting the community's needs. "We want our communities to know that every dollar we raise is designed to improve the Medical Center and we remain committed to that concept," says Olson. Furthermore, all gifts to this non-profit foundation are tax deductible.

If you would like to donate or want more information about the Foundation, please contact Burnett Medical Center at 715-463-7285. ■



Jim Olson (left), BMC Foundation President, receiving a \$500 check from Mark Anderson (right) at Grantsburg Telcom.



BMC Foundation Valentine's Dinner

The Burnett Medical Center Foundation would like to thank the many businesses who graciously sponsored tables and/or donated to the silent auction, and to the many community members who attended to support the Foundation at our 9th annual Valentine's Dinner fundraiser held on February 10th, 2018.

The Valentine's Dinner ended as another successful night with a profit of over \$7,000. The generous support of individuals like you makes it possible for the Burnett Medical Center Foundation to exist and to make the community a great place to live.

Again, thank you for your support in helping further assure the access of quality healthcare close to home.

Burnett Medical Center Welcomes



NEW CERTIFIED REGISTERED NURSE ANESTHETIST

Brent Kapfer

Burnett Medical Center (BMC) is pleased to welcome Certified Registered Nurse Anesthetist, Brent Kapfer, to the BMC Team. Kapfer will be joining the medical staff of Burnett Medical Center in late April 2018. Brent graduated from the University of Minnesota with a Bachelor of Science Degree in Nursing. He then received his Master of Science Degree in Nurse Anesthesia at the Minneapolis School of Anesthesia in 2001.

Throughout his career, he has practiced at Regions Hospital in the Level 1 Trauma Center, has performed independent CRNA practices at Fairview Lakes and Hudson Hospital, and has been at High Pointe Surgery Center and practiced pain management at Fairview Lakes and St. Croix Falls hospitals.

Brent is certified in Advanced Cardiac Life Support, Pediatric Advanced Life Support, Basic Life Support and Neonatal Resuscitation. He has also been certified through the National Board of Certification and Recertification for Nurse Anesthetists since 2001.

Brent is originally from North Branch, Minnesota. He has been married to his wife, Stephanie, for 20 years and they have three children, two daughters ages 11 and 14 and a son age 16.

As an anesthetist at BMC, Brent will play an important role in the delivery of quality patient care. Brent will collaborate with many members of the healthcare team in the hospital to ensure patients receive the most appropriate care according to their individual needs.

"We are very excited to welcome Brent to BMC and to bring high-quality anesthesia services to our community," said Gordy Lewis, Burnett Medical Center CEO.

Burnett Medical Center is privileged to welcome Brent to the BMC Team and appreciates the extensive knowledge and over 17 years of diverse experience he will bring to the facility!



NEW PROVIDERS IN THE CLINIC



Neelam Patel, FNP,

is currently seeing patients in our walk-in clinic through the end of May.



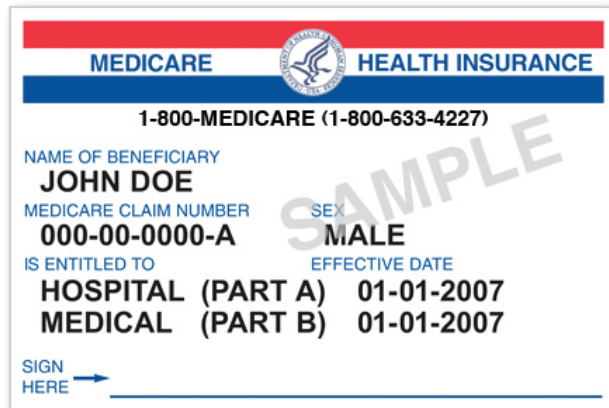
Amy Wachter, CNP,

is a permanent Nurse Practitioner who will start seeing patients in the clinic April 2018.

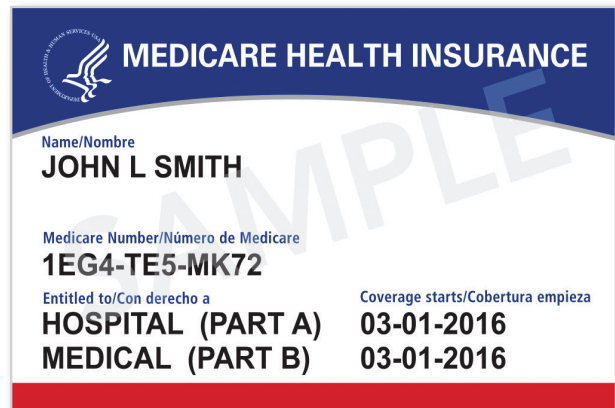
We want to partner with you as your healthcare provider of choice – providing expert and cost effective care in a hometown atmosphere. To schedule an appointment with Amy, please call 715-463-5353.

New Medicare Cards Coming April 2018!

Your Medicare card shows that you have Medicare health insurance. It shows whether you have Part A (Hospital Insurance), Part B (Medical Insurance) or both, and it shows the date your coverage starts.



OLD



NEW

Medicare is mailing new Medicare cards starting in April 2018. Here are 12 things to know about your new Medicare card:

- 1. Make sure your mailing address is up to date:** If your address needs to be corrected, contact Social Security at www.ssa.gov/myaccount or 1-800-772-1213.
- 2. Mailing takes time:** Your card may arrive at a different time than your friend's or neighbor's. Wisconsin and Minnesota will get their cards after June 2018.
- 3. Destroy your old Medicare card:** Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
- 4. Guard your card:** Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
- 5. Your Medicare Number is unique:** Your card has a new number instead of your Social Security Number. This new number is unique to you.
- 6. Your new card is paper:** Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one!
- 7. Keep your new card with you:** Carry your new card and show it to your health care providers when you need care.
- 8. Your doctor knows it's coming:** Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.
- 9. You can find your number:** If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.
- 10. Keep your Medicare Advantage Card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare - you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
- 11. Watch out for scams:** Medicare will never call you uninvited and ask for your personal information. Beware of anyone who contacts you about your new Medicare card.
- 12. Help is available:** If you don't get your new Medicare card by April 2019, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.



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Hometown HEALTH

Hometown Health is published for the patients and friends of Burnett Medical Center. Information in this publication is not meant to replace the advice of your personal healthcare provider.

13th annual CARLYLE 5K 10K SHERSTAD 6.2.18 RUN/WALK



Register by May 11 to receive a moisture wick t-shirt!

Register Now!
Carlyle Sherstad 5K/10K
Saturday, June 2, 2018

